



Physical Fitness Test Web Site Resources

Site Name	Description of Site Contents	Web Address
California Physical Fitness Test		
California Physical Fitness Test (PFT) Home Page	Provides a list of links to Web sites containing information about the California PFT administration and results.	http://www.cde.ca.gov/ta/tg/pf/
PFT Results Reporting Site	Provides access to downloadable files of results for the state, counties, school districts, and schools for tests administered February 1, 2006 through May 31, 2006. Results are also available by gender and ethnic groups. Individual student results are not available.	http://www.eddataonline.com/fitness/2006/Data/
DataQuest (Internet Tool)	Makes available PFT summary reports for the state, counties, school districts, and schools. Results are also available by gender and ethnic groups. Individual student results are not available.	http://data1.cde.ca.gov/dataquest/
Healthy Fitness Zones (Performance Standards)	Organizes the standards established for the PFT. These Zones standards represent a level of fitness that offers some degree of protection against the diseases that result from sedentary living.	http://www.cde.ca.gov/ta/tg/pf/documents/healthfitzones.pdf
Prior Year Physical Fitness Data	Provides access to press releases and data reports for prior years (1999–2005).	http://www.cde.ca.gov/ta/tg/pf/pftprioryrs.asp
2005 Physical Fitness Test Manual	Contains instructions for preparing for the 2006 PFT administration; options and suggestions for collecting and reporting PFT data; school and student file layouts; and downloadable samples of data collection forms.	http://www.cde.ca.gov/ta/tg/pf/pftmanual04.asp
FITNESSGRAM[®]		
The Cooper Institute	Includes background information on the <i>FITNESSGRAM[®]</i> , which was developed in 1982 by The Cooper Institute in Dallas, Texas. Technical information on the fitness-area assessments and performance standards is available in a Reference Guide.	http://www.cooperinst.org
Human Kinetics	Includes a variety of products in support of the PFT, including the <i>FITNESSGRAM[®]</i> Test Administration Manual, 8.0 Test Kit CD-ROM (software), the 8.2 update, and materials needed (e.g., skinfold calipers) to administer the tests.	http://www.humankinetics.com
California Physical Education		
Physical Education Model Content Standards	The <i>Physical Education Model Content Standards for California Public Schools, Kindergarten through Grade Twelve</i> , represents the essential knowledge and skills that all students need to maintain a physically active and healthy lifestyle.	http://www.cde.ca.gov/re/pn/fd/pe-stand-pdf.asp
Physical Education Framework for California Public Schools	Describes a sequential, developmental, age-appropriate physical education program designed to provide students with the knowledge and ability needed to maintain an active, healthy lifestyle.	http://www.cde.ca.gov/ci/pe/cf/
The California Department of Education (CDE) Web site contains many resources to help school districts and schools develop quality physical education programs. These resources can be accessed by going to http://www.cde.ca.gov/ci/pe/ or by using the search engine located in the upper right hand corner of each page on the CDE Web site.		